

The Development and Validation of a Scale to Measure Self-Compassion

KRISTIN D. NEFF

University of Texas at Austin, Austin, Texas, USA

This article defines the construct of self-compassion and describes the development of the Self-Compassion Scale. Self-compassion entails being kind and understanding

evaluations of self and others, or on congruence with ideal standards. In fact, self-

2 (“I’m a lot kinder to myself than I am to others”), with zero at the midpoint (“I’m kind to myself and others the same amount”). Because those highest in self-

lower overall self-compassion scores than men: $F(1, 389) = 10.83, p < .001$. More-

are not merely representing a bias toward presenting oneself in a socially advanta-

Study 2

Results of Study 1 suggest that self-compassion is a valid and useful way to conceptualize and measure healthy self-attitudes. However, it was also necessary to determine how this particular self-attitude construct differs from the more popular

stronger association with narcissism than did the SCS, were confirmed. Table 5 presents the Pearson's correlation coefficients and significance levels that were calculated to examine these hypotheses. It was found that the SCS had a significant moderate correlation with the Rosenberg self-esteem scale, the Berger Self-Acceptance Scale, the Self-Determination Scale, and the three subscales of the Basic Psychological Needs Scale. It was also found that whereas all the other scales evidenced a significant positive correlation with the Narcissistic Personality Inven

self-judgment (marginal) (F [1, 230] = 3.08, p = .08)

Emotional Expression subscale. This is probably due to the fact that emotional expression entails outward communication of one's emotions, whereas self-com-

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